

**Whole Health Action Management (WHAM)
One-Day Training for Program Staff
Sunday, September 22, 2013**

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| 9:00 am – 9:30 am | Welcome, Introductions, and Overview of the Day |
| 9:30 am – 10:30 am | Overview of the Curriculum, Part 1 <ul style="list-style-type: none">• Session 1 - Introduction• Session 2 - The Science of Stress• Session 3 - Improving Your Health• Session 4 - The Power of Human Connections• Session 5 - The Importance of Attitude• Session 6 - Connecting with that which is More than Self |
| 10:30 am – 10:45 am | Break |
| 10:45 am – 12:00 noon | Overview of the Curriculum, Part 2 <ul style="list-style-type: none">• Session 7 - Health & Wellness Screening• Session 8 - Setting a Person Centered Goal• Session 9 - The Weekly Action Plan• Session 10 - Establishing the Support Structures• Session 11 - Preparing the Trainees to be Trainer |
| 12:00 noon – 1:00 pm | Lunch (on your own) |
| 1:00 pm – 1:45 pm | Workshop # 1 – Implementation: Challenges |
| 1:45 pm – 2:30 pm | Workshop # 2 – Implementation: Action Plans |
| 2:30 pm – 3:00 pm | Final Reflections, Evaluation and Next Steps |